



## **GBCA SAFETY TOOLBOX TALK**

### **LADDER SAFETY: CHOOSE & USE THE CORRECT LADDER**

Applying proper ladder safety techniques can reduce the likelihood of an injury whether you're using a ladder at work or at home. Ladder safety starts by choosing the correct ladder. Using a ladder safely can make a job easier. Incorrect ladder use can lead to a fall resulting in a trip to the hospital, or worse, a fatality.

#### **Choose the right ladder for your application:**

- **Select the correct style of ladder needed for your application:**
  - Do you need a straight, A-frame, extension, or other ladder?
- **Select the appropriate ladder height:**
  - Remember an extension ladder needs to extend 3 feet above a roofline or working platform.
- **Select the appropriate ladder duty rating:**
  - See the load rating on the affixed factory sticker. If there is no sticker or you can't read the sticker, don't use the ladder.
- **Select the proper ladder material:**
  - Use fiberglass when working around electricity. Many construction sites only allow fiberglass ladders on site.
  - Use aluminum for inspections and setup.

#### **When using a ladder, use these key points:**

- Keep your belt buckle in between the side rails to make sure your body is centered.
- When ascending and descending, face the ladder.
- Use three points of contact when climbing a ladder.
- Remember the highest standing level on a stepladder is two steps down from the top.
- Remember the highest standing level on an extension ladder is four rungs from the top.
- Always inspect ladders for structural defects such as broken or missing rungs, cracked side rails, corroded components, or other faulty or defective components. In the event a ladder fails inspection, do not use the ladder and notify management. Tag the ladder as not safe to use, and remove it from the site.